



# FAMILY SUPPORT NETWORK

## Of Central Carolina

Serving families of children with special needs & those born prematurely in Alamance, Caswell, Guilford, Randolph, & Rockingham Counties

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### Many thanks to our supporters!

All of us at FSNCC want to offer our sincere thanks to the many families and friends who came through for us in support of our 2010 Pledge Drive, the 2009 State Employees Combined Campaign (SECC), and the 2009 United Way campaign. Please visit [www.fsncc.org/Thank\\_you](http://www.fsncc.org/Thank_you) to view a list of this year's generous contributors. *Thank you!!*

If you would like to be added to our e-mail list, please contact us at (336)832-6507, or [support@fsncc.org](mailto:support@fsncc.org). Visit us on the web at [www.fsncc.org](http://www.fsncc.org) for the latest news and events from our organization and others throughout the area!

## Sibshops 2010-2011



We are gearing up for another great year of Sibshops, our program for brothers and sisters of children with special needs in grades 2-6. The registration fee will be \$10 per session. Discounted rates apply for additional children within the same family, and when you register for all six sessions at once. Limited scholarships will be available to qualifying families. This year's Sibshops sessions are scheduled for the dates

below:

<b>September 10th</b>	<b>October 8th</b>	<b>November 12th</b>
<b>January 14th</b>	<b>February 11th</b>	<b>March 11th</b>

All sessions, *except for September*, will be held at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Rd. in Greensboro, from 6:30-8:30 p.m. Dinner & a snack are provided. Be on the look out in August for pre-registration materials. If your child has not been a part of Sibshops in the past, & you would like to sign them up, email us: [support@fsncc.org](mailto:support@fsncc.org). We would also like to thank the Junior League of Greensboro for their donation which will help to partially fund our Sibshops program!

### Save the Dates for these Annual FSNCC Events!



#### Fall Fling

Friday, October 15, 2010  
5:00-8:00 p.m.

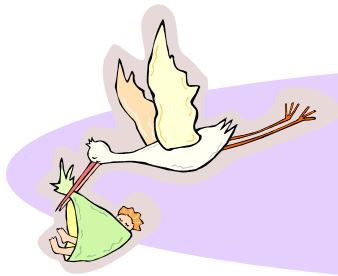
Greensboro Children's Museum  
Refreshments & FUN for the whole family!

#### Holiday Jamboree

Sat., December 11, 2010  
9:30 am- 12:00pm

Gateway Education Center  
Food, crafts, games, & pictures with Santa!





# NICU Notes

## News from the Nursery

### Protecting Your Baby from RSV

Did you know that RSV is the leading cause of infant hospitalization, affecting more than 125,000 babies each year? Prime season for this dangerous virus is October 1-April 1, and Premies are especially susceptible. For more information and tips on protecting your infant from RSV visit these websites:

[www.RSVprotection.com](http://www.RSVprotection.com) & [www.Healthychildren.org](http://www.Healthychildren.org)

### How Can You Help NICU Families?

Looking for a way to make other families' stay in the NICU a little brighter? FSNCC is seeking experienced families to attend regularly scheduled FSNCC NICU Events, and share their stories. This is a great way to offer hope and encouragement to new NICU families faced with the emotional challenge of having a baby in the NICU. We are also always seeking volunteers to provide meals at our NICU events. To learn more, contact Paula Bruno at [pjbru123@aol.com](mailto:pjbru123@aol.com).

### FSNCC is Here to Help!

*Just a reminder that even after your child is discharged from the NICU, we are still here for you should you need continued services! Here are just a few of the services we provide:*

#### Parent to parent matching:

a way to get connected with other local families whose children have similar needs & challenges. **Free, family friendly information**

on specific diagnoses, local agencies & resources, parenting issues, & much more. **Sibshops program** for brothers & sisters of children with special needs. **Moms' and Dads' Groups:** Informal Support groups for parents of children of any age, with any type of special needs.

**Diagnosis-specific support groups** for families of children with Down syndrome, AD/HD, or sensory processing disorder. **Referral** to local agencies & service organizations. **Social & recreational events** for the entire family. If your NICU graduate did not qualify for Early Intervention Services we still need your involvement. Please make plans to bring your family to our Family Support Network Events to network with

other NICU graduate families and reconnect with FSN staff members. Stay posted to the NICU pages in the newsletter for additional opportunities to help.



### Adopt-a-Frog

We really need your help with our Adopt-a-Frog campaign! This program allows donors to provide an important positioning aid for the smallest preemies. "Frogs" provide comfort and safe positioning during babies' stay in the NICU. Your donation of \$15 provides a baby in the NICU with his or her very own Frog. Donors may send a check to our office with "Adopt-a-Frog" in the memo, or visit [www.adoptafrog.com](http://www.adoptafrog.com) to make a secure donation online.

**\*See page 3 for information on two upcoming NICU events!\***



## 26th Annual NICU Reunion

Don't miss this enjoyable summer reunion with your "Kids in Motion" on

**Sunday, August 15<sup>th</sup>, 1:00-3:30 pm**

at the Women's Hospital Education Center.

Sponsored by Moses Cone Health System,

there will be free games, music, art, fun, & *fitness* for graduates of the Neonatal Intensive Care Unit at Women's Hospital of Greensboro. We'll also be collecting diapers, wipes & bath products for our Elizabeth's Closet program, supporting families in need who are leaving the NICU.

No RSVP is required.

For more information about the Reunion, please call the Moses Cone Health System Marketing Department at 336-832-8131. For

more information on Elizabeth's Closet, please give us a call at 336-832-6507 or send an e-mail to [nancym@fsncc.org](mailto:nancym@fsncc.org).



## NICU Babies Just Wanna Have Fun!

Please join us as Carrie Suwalksi, Pediatric Physical Therapist, and Lisa Shoffner, FSNCC Home Visitor, lead families in a play session with their babies, and offer ideas and tips to enhance development through play.

**Wednesday, September 8th, 9:00-11:00 a.m.**

at the Women's Hospital Education Center, Classroom 2.

This event is for NICU graduates from birth-2 years of age.

To sign up, please give us a call at 336-832-6507 or

e-mail [support@fsncc.org](mailto:support@fsncc.org).



# Parent-to-Parent support

Programs for families throughout our service area

**NEW SUPPORT GROUP COMING THIS FALL!!**

## DAYTIME MOMS' GROUP

Due to overwhelming demand we are very excited to be starting a Daytime Moms' Group, an informal support group for mothers of children with special needs. The group will be meeting the 2nd Wednesday of every month for either breakfast or lunch.

Upcoming dates are:

**September 8th:** Mimi's Cafe, The Shops at Friendly Center, GSO, 9:30 am.

**October 13th:** Lunch, location TBA.

## SENSORY PROCESSING DISORDERS SUPPORT GROUP

Our support group for families and/or caregivers of children with Sensory Processing Disorder is gearing up for an exciting year of meetings! This group meets the third Thursday of every other month at 6:30 pm.

Upcoming dates are:

**September 16th**

**November 16th**

Topics & locations to be announced! Please visit our events calendar at [www.fsnc.org](http://www.fsnc.org), for more information as details are finalized.

## MOMS' GROUP

Our informal support group for mothers of children with special needs welcomes new members. First Thursday of each month, 7:00 pm (6:30 if we are having a meal together). Next meetings:

**September 2nd:** Ice cream social at the home of Monica McGuire, 3648 Hickwood Forest Dr, High Point, 7:00pm.

**October 7th:** Hostess Ida Shaw, Location TBA.

## DADS' GROUP

Our support group for fathers of children with special needs has been a great success! They will continue to meet the THIRD MONDAY of the month at 7:00 p.m. Upcoming dates are:

**September 20th:** REFS, 3404 Whitehurst Rd, Greensboro

**October 18th:** Host Andrew Lang, Location TBA.

If you are interested in hosting or coordinating a meeting, please contact Monica.

## DOWN SYNDROME NETWORK OF GREATER GREENSBORO

This year's Buddy Walk, the annual FUNdraiser for the Down Syndrome Network of Greater Greensboro, promises to be bigger and better than ever! The event takes place Saturday, October 23rd at Triad Park from 11 a.m.-3 p.m.

Whether you have Down Syndrome, know someone who does, or just want to show your support, please join the DSNNGG for this very special event. Details will be available at

[www.team-up.org](http://www.team-up.org)

Also, please join us for our fun **Moms' Nights Out!**

Upcoming Dates:

**August 22,** 7pm, Zoe's Kitchen, located in the back section of the

Shoppes at Friendly

**September 26th,** 7pm, Coldstone Creamery, Friendly Center

**Oct. 18th:** 6:30pm, Melting Pot, Battleground Avenue, Greensboro.

.....*Continued on pg 5*

**For more information or to be added to the mailing list for any of our groups, please contact Monica at 336-334-5601, Ext 217 or email [monica@fsncc.org](mailto:monica@fsncc.org).**

# Parent-to-Parent support (Continued)

## ADD/ADHD PARENT SUPPORT GROUP

Meets on the 4th Tuesday of every *other* month at Trinity Church, 5200 W. Friendly Ave., Greensboro, 6:30-8:30 pm.

Upcoming Dates:

**September 28th:**

Medication Management with Dr. Thomas Kuhn.

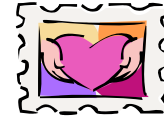
**November 16th:**

*(please note that this meeting differs from the normal schedule due to the Thanksgiving holiday):*  
Topic TBA .

Information may always be found at the website for this group:  
[www.adhdgreensboro.org](http://www.adhdgreensboro.org).

## TRIAD AREA HITCH-UP (Hearing Impaired Toddlers & Children Have Unlimited Potential)

A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meets on the last Tuesday of each month from 6:30-8:30 p.m. at Greensboro AHEC (Moses Cone Memorial Hospital), Rooms 31 & 33. Child care available; RSVP required. For more information, e-mail [info@triadhitchup.com](mailto:info@triadhitchup.com) or visit [www.triadhitchup.com](http://www.triadhitchup.com).

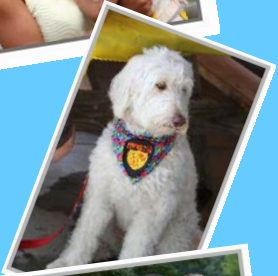


## Respite Co-Op Program Seeks Participants

The Arc of Greensboro invites families of children with special needs to join their Saturday respite program. Children aged 3-8, with or without CAP, can attend the program every other Saturday from 9 a.m.—12 p.m. at no cost to families. Participating parents are asked to work alongside Arc staff approximately 6 sessions per year. Sibling sessions are occasionally offered. There is a possibility that session times and ages served could be adjusted to meet the needs of a group of families. For more information, please contact Ginger Walton at 373-1076.



Our Annual Spring Picnic held on Sunday, May 16th at High Point City Lake Park was a GREAT success! Over 200 people attended and enjoyed great food, rides, and meeting other families. Many THANKS to all of our families that attended, and our Board that worked so hard to put together this great event!



# FOUR-COUNTY CALENDAR



## caswell county

**\* MARK YOUR CALENDARS!**

The **Brightleaf Hoe Down** is coming up on Saturday, September 25th. The fun begins at 9:00 a.m. and lasts into the evening. Music, great food, games, crafts, a parade, and lots of

information from Caswell County service providers. To learn more, contact the Caswell Chamber of Commerce at 336-694-6106.

\*The Caswell County Partnership for children offers an array of programs and services for families, including after-school programs, teen outreach, parenting education, resource & referral, and MUCH more. Find out about all that the Partnership has to offer your family by calling 694-1538, or visit [www.caswellchildren.org](http://www.caswellchildren.org).

## alamance county

**\* Autism Society of NC, Alamance County Chapter:**

Meetings on the 2nd Thursday of each month at Shiloh Presbyterian Church, Burlington, 6:30-8:00 pm. Childcare available. For information, respite care programs, parent coffees & other events, visit

[www.alamanceasnc.org](http://www.alamanceasnc.org), call 336-222-7026, or e-mail [alamanceasnc@bellsouth.net](mailto:alamanceasnc@bellsouth.net).

**\*The Incredible Years: Basic Parent Training Program:**

Incredible Years for children ages *three to five* will meet Monday, September 13th – Monday, December 13th (meets once a week for 14 weeks) – Location TBD. Incredible Years for children ages *six to twelve* will meet Tuesday, September 14th – Tuesday, December 14th (meets once a week for 14 weeks) at Alamance Partnership For Children. The Incredible Years is a parent training program that focuses on strengthening positive disci-

pline and parent confidence. It helps to promote children's pre-academic, social and emotional competencies and reduce conduct problems.

## randolph county

**\* Autism Society of NC, Randolph County Chapter.**

Meets the 3rd Thursday evening of each month at the Early Childhood Development Center (ECDC), 1738 N. Fayetteville St., Asheboro. Child care available with RSVP. Children meet in the ECDC gymnasium. An opportunity to meet lots of great families & discuss life with ASD. For more information & to register, contact Paul & Anita Peterson at 336-629-1533 or [the4petersons@embarqmail.com](mailto:the4petersons@embarqmail.com).

\*The **Randolph County Partnership for Children's Parents as Teachers program** gives families the opportunity to learn about their child's development, Improve their parenting skills, Promote family literacy, Find resources for their child's needs, and help their child get prepared for kindergarten. Services include parent education meetings, weekly group sessions for parents and children to attend together. The program also assists parents in furthering their own education by offering GED, English as a Second Language classes or computer classes. For more information, please contact the Partnership's office at 336-629-2128 or visit their website: [www.randolphkids.org](http://www.randolphkids.org)  
*Se Habla Espanol.*

## rockingham county

\*The Rockingham County Partnership for Children's Parents as Teachers program is a home-based family literacy program serving families with children age birth-5. Program coordinators help families learn to teach their own children the skills they need. Children are also screened for developmental delays, and referrals are made for any other needed services and/or further evaluation. Families are also offered opportunities to take part in group trainings. To learn more about this exciting opportunity, contact the Partnership's office at 336-342-9676 or email [info@rockinghamkids.org](mailto:info@rockinghamkids.org).

# links

Please visit [www.fsnc.org](http://www.fsnc.org) and click on Newsletters & Coming Events for the latest information from FSNCC and related service providers throughout the area!

## DANCING ABOVE THE BARRE PREPARES FOR FALL SESSIONS

Dancing Above the Barre will once again offer young children with disabilities the opportunity to become a dancer. The following dates are for the Fall session:

### Registration & Orientation:

September 11, 1:00pm, Returning students are welcome to register by mail.

**Classes:** September 18, 25; October 2,16,23,30; November 6,13.

**Presentation:** November 20. Tuition will be \$67.50 per dancer. For more information, contact the Greensboro Ballet at 336-333-7480 or e-mail [greensboroballet@yahoo.com](mailto:greensboroballet@yahoo.com)

## FALL SPORTS FOR CHILDREN WITH SPECIAL NEEDS

\* The **Miracle League of High Point Fall Baseball** offers children with special needs an opportunity to participate in an organized baseball league. A specially-equipped field will be available at High Point Athletic Complex on School Park Road. For more information, call 336-883-3481 or email [PlayBall@hpmiracleleague.org](mailto:PlayBall@hpmiracleleague.org).

\* In Greensboro, **Challenger Sports** will be offering Fall baseball for kids with special needs at the Pomona Park Field. More information is

available at [www.arcg.org](http://www.arcg.org) (click on "Activities & Events") or call 373-1076.

## MULTI SENSORY ENVIRONMENT CONFERENCE

Individuals with special needs have been shown to benefit in many ways from the experience of sensory stimulation. On October 1-3, 2010, the best and brightest involved in multi sensory stimulation research & practice will convene in Birmingham, Alabama for the International Multi Sensory Environment Symposium. There will be lectures and workshops concerning the use of Multi Sensory Environments (MSE) & sensory enrichment. Multi Sensory Environments have been used to improve learning, health, quality of life & increased human potential in people with Autism, Cerebral Palsy, & other similar conditions so this is an event not to be missed! For more information please visit the website: [www.isna2010.org](http://www.isna2010.org).

## NC ASSISTIVE TECHNOLOGY EXPO

The Assistive Technology Expo, to be held November 17-19 at the North Raleigh Hilton, is an exciting three-day event designed to increase awareness & provide current information on assistive technology. Conference offerings include an exhibit hall featuring over 60 vendors exhibiting the latest in AT products & services, 40 concurrent sessions, a poster session, & a Keynote address. For more information on the expo & scholarships, call 919-850-2787 or visit [www.pat.org](http://www.pat.org).

## FALL 2010 SIGN LANGUAGE CLASSES

Communication Services for the Deaf & Hard of Hearing, Inc. are offering sign language classes this fall. Registration fee is \$50 if paid by Sept.7, \$60 if paid by Sept. 14, and \$80 by Sept. 20. Classes meet at Communication Services for the Deaf & Hard of Hearing, Inc.;1175 Revolution Mill Drive, Studio 15, Greensboro, NC 27405. For more information, email [classes@csdhh.org](mailto:classes@csdhh.org) or call 336-275-8878 extension 5.

## DOWN SYNDROME CONFERENCE IN ATLANTA

The Down Syndrome Education Conference Atlanta 2010, hosted by Down Syndrome Education USA in association with the Down Syndrome Association of Atlanta will be held in Atlanta, Georgia on September 9-11, 2010. The conference will provide information & practical advice to help parents & professionals to provide the most effective education, therapy, & support for children with Down Syndrome. The conference offers targeted 'Essential' & 'In Depth' tracks. The 'Essential' tracks will provide information particularly suitable for families while the 'In Depth' tracks provide a greater level of detail are more suitable for professionals. For more information, visit the following website: [www.atlantadsaa.org/get-involved/fall-conference/](http://www.atlantadsaa.org/get-involved/fall-conference/).

